

NASA HEALTH PROMOTION AND WELLNESS COMMITTEE

Minutes for: December 07, 2007

Attendance: "X" means present

ARC	<input checked="" type="checkbox"/>	HQ	<input type="checkbox"/>	DFRC	<input type="checkbox"/>
JPL	<input type="checkbox"/>	DYN	<input checked="" type="checkbox"/>	GSFC	<input checked="" type="checkbox"/>
JSC	<input type="checkbox"/>	KSC	<input type="checkbox"/>	MSFC	<input checked="" type="checkbox"/>
GRC	<input checked="" type="checkbox"/>	SSC	<input checked="" type="checkbox"/>	WFF	<input type="checkbox"/>
LRC	<input checked="" type="checkbox"/>	MAF	<input type="checkbox"/>	WSTF	<input type="checkbox"/>

Welcome

Mae Hafizi

For your convenience, minutes are always color coded. Any thing in **red** requires your attention and/or feedback.

Today's guest speakers and topic:

- o Kurt Hobbs, Mayo Clinic Strategic Consultant, NASA HRA 2007 data review and launch of 2008 Mayo Clinic EmbodyHealth
- o Kirstin Wood, Account Manager, Tour of Mayo Clinic EmbodyHealth
- o Scott Burks, Stennis Wellness Manager, Successful implementation of Mayo Clinic EmbodyHealth at Stennis

HPW Communication-

Mae Hafizi

CDC Filming at Glenn Research Center

As you recall, in 2006, the Glenn Wellness Program was assessed by members of CDC's Swift team (Worksite Assessment & Translation Group). A short film was produced at Glenn regarding their wellness program. A copy of this film is attached.



video cover
letter.doc (2 MB)



Nasa_CO6.Copy.w
mv (13 MB)

NIOSH Web Page- A Focus on Staph Infections at Workplace

On Oct. 24, NIOSH announced the availability of a Web page on steps that employers and employees can take concerning the risk of staph infections. The information is specific to general workplaces, not healthcare facilities, www.cdc.gov/niosh/topics/mrsa. The NIOSH page discusses issues such as:

2008 HealthierYou Campaign

2008 HealthierYou Campaign Components are listed at

<http://ohp.nasa.gov/disciplines/hpromo/campaigns/2008/index.html>

- 2008 *HealthierYou* calendar- Distributed in November, please encourage completion of the online survey
- Launch of the *Mayo Clinic EmbodyHealth* 2008 – discussed during Mr. Hobb's presentation, see below
- Influenza Vaccination Drive- **Please provide Mae Hafizi with final stats when your vaccination drive ends**
- Coping with the Stress of being a Caregiver – Pamphlets were produced internally and are in print.
- Melanoma – Pamphlets were purchased from the NIH and have been mailed to you.
- *Mayo Clinic EmbodyHealth* Newsletter- 2000 copies, hard copy newsletters, are distributed monthly to the clinics.

“Remember Me” feature of Mayo Clinic EmbodyHealth

Effective December 13, 2007 Mayo Clinic Health Solutions is increasing the strength of the encryption algorithm used to protect data. At this time, there will be a disruption to the "Remember Me" feature on the EmbodyHealth website.

Users that have the "Remember Me" feature turned on will be required to log in the first time they access the EmbodyHealth site after December 13. They will then have the option to re-set the "Remember Me" feature so they will not need to log in for future visits when the site is accessed from the same computer.

"Remember Me" is a feature that stores account information in a user's browser so that a user can access the site directly without having to provide the user name and password. Each time users visit the site, they will be automatically logged in.

Successful Implementation of EmbodyHealth at Stennis

Scott Burks, PhD and Juan Blanch, MD

Stennis Space Center

How we improved site-wide participation in the Mayo Clinic Health Risk Assessment program?

Our initial attempts recruited limited participation in the HRA, we used the following methods:

- E-mails were sent to employees from the Wellness Center promoting the HRA
- Meetings conducted with the Safety Committee with a slide presentation
- Site-wide e-mail sent with video promotion of HRA

Our next attempt was a **Team Approach** with exceptional results! The Team included EAP, MDs, ARNP, RNs, Fitness Staff to create a united effort to develop creative promotions and incentive to entice employee participation.

Successful Incentives:

- Two \$100 gift certificates were offered and drawings were attended by the Medical Director.
- Slide shows illustrating the dangers of obesity and sedentary lifestyles were presented by the Medical Director.
- Deadline for completion of HRA was set. Helpful reminders were sent out by the contractor's Safety Officer.
- Wellness Center instituted the HRA as part of its initial membership process replacing our current HRA from Wellspring. Doing so saved us staff time and money and gave the same result. To date, we have completed 75 new memberships and discussed the results with the new members as part of their fitness planning and education.
- Wellness Center offered a chance at a drawing for a free year's membership, a \$150 value! As you are aware, Stennis fitness facility is provided as a fee-for-service at \$15/month or \$150/year.
- NASA 2008 "HealthierYou" calendar was offered as an incentive to those who completed the HRA. At Stennis, every NASA CS employee received a calendar regardless of their participation in the HRA therefore, but the calendar was used as an incentive to entice the rest of the employee population. SSC has about 4700 contractor employees and 275 civil service employees.
- Clinic encouraged those scheduled for annual physicals to complete the HRA prior to their visit so the Healthcare Provider (RN, MD, ARNP) can go over the results with them.

Key Aspects of Success:

- **The Medical Director assumed a leadership role** in meeting with employees.
- Occupational Health staff's created a Team Approach in presentation and promotion of the program.
- **Agency and Contractor Managers were directly involved in the promotional activities.**
- **Additional incentives that made a difference:** HealthierYou Calendars, two \$100 gift certificates, and one \$150 free year of membership.
- **Managers and the Occupational Health staff recognized the employee groups/employers that showed a significant degree of participation.** For example, one employer had 60 employees but 52 of them completed the HRA, an 87% participation rate.

Stennis implemented their Team Approach in September-November time frame. During this time they completed 169 HRA equaling 79% of the total number of HRAs completed at that center. Population definitively responds to incentives and specific promotions.

2007 Mayo Clinic EmbodyHealth- Year in Review & Launch of 2008 EmbodyHealth

Kurt Hobbs

Mayo Clinic Strategic Planning Consultant

Please review the pp presentation for YTD 2007 self reported health risk assesment (HRA) data. NASA's Key Metrics look very promising and indicative of our workforce's engagement:

During the months of Feb, April, and October 2007, we noticed definitive spikes in activity. All spikes correlated with either the agency wide email in February or center specific promotions in the months of April and October.

Wednesdays consistently show the most amount of activity/visits because of the Mayo Clinic's Wednesday e-newsletter.

To successfully launch *Mayo Clinic EmbodyHealth* in 2008 we must develop a **communication/promotion plan**. Mae will forward a set of suggestions at a later date. The following are some ideas:

- One member of the HPW team or the Medical Director takes a visible leadership role.
- Identify one individual at a senior leadership level to communicate the importance of the HRA along with the HPW team/Medical Director. Approach NASA and Contractor leadership.
- Establish a completion goal of 30% in order to obtain data that is representative of your overall population. The current 10% HRA completion rate is not a sensitive enough data.
- Establish monthly conference calls to gauge progress and to learn best practices. This can be at the center level and agency wide.
- Promotion needs to be frequent, creative, multi-modal
- Develop intervention strategies as part of your communication plan. You know by now that your population is ready for change in areas of weight, exercise, nutrition, and stress. Why not offer intervention programs around these interested topics and offer the HRA as part of the intervention. Utilize the online programs on EmbodyHealth as your interventions and offer one per quarter to keep the interest up. For example, Fitness for Everyone in March, Weight and Nutrition in June and My Stress Solutions in October.
- Make the HRA part of your fitness center membership, HMEs, Surveillance exams, and work related injury/illness visits

A tour of EmbodyHealth was provided to better inform the audience of site content. A list of what is available on the site will be emailed to you.

The Work Life Questionnaire (WLQ) will be analyzed and discussed during the March HPW ViTS scheduled on March 13, 2008 at 11am EST.

Meeting adjourned at 14:05.
Respectfully submitted,

Mae Hafizi

12/11/2007

- ViTS Schedule 2008

- Thursday 03/13/2008 11:00 AM - 12:00 PM
- Thursday 06/12/2008 11:00 AM - 12:00 PM
- Thursday 09/11/2008 11:00 AM - 12:00 PM
- Thursday 12/11/2008 11:00 AM - 12:00 PM